

Communication Topics

Every couple should invest time discussing the following six areas. Define each and plan objectives to reach maximum level of commitment toward reaching these goals.

I. Communication

1. Serious discussions
2. Expressing feelings
3. Telling dreams
4. Planning activities
5. Small talk
6. Understanding the needs of our mate
7. Understanding skills of good communication; e.g.; eye contact, listening, etc.

II. Sex

1. Affection
2. Touching
3. Hugging
4. Being close
5. Holding hands-even in public
6. Kissing
7. Petting
8. Being excited
9. Intercourse

III. Finances

1. Where we get our money
2. How we spend our money
 - A. How we give our money
 - B. How we save our money
 - C. How we provide for the children's education needs
3. How we invest our money
4. How we account for our money

IV. Self-Esteem

1. How we look
 - A. Diet plan together
 - B. Exercise program
2. What we wear
3. Our physical appearance
4. Appearance at home
5. Appearance of home
6. Make and model of autos

V. Church and Devotion

1. Where to go to church
2. How often we will go to church
3. Home Bible study (whose and how much)
4. Home activity concerning church and church friends
5. Quiet times (time to be alone and think)

6. Quiet times (time to share what we think)
7. Prayer time together

VI. Family and In-Laws

1. What they should know
2. How often we should visit
 - A. How much is enough
 - B. How much is too much
3. Family devotions-when, where, and how often?
4. Activities planned together-weekly, bi-weekly, monthly?
5. Vacations planned together